



• Ontario Announces Its AGM

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

QUARTERLY

• Healthy Environments
for Canadians

• Appreciating Our
Gifts

• Learning Disabilities

• Amending the
Pesticides Act

• Making Healing
Changes

going

forward!

national president's message

Now that the festive season is over and we can look forward to the spring, we need to plan our fundraising strategy. We are almost two years into our Trillium funding in Ontario and each year we have to raise more on our own. In addition to strategies at the branch and provincial level (Ontario), we need to know if you have any ideas or contacts which we should explore. Kathy Sage Hayes, Ontario's Resource Manager, has suggested that we develop the canary theme as our mascot/emblem, to be incorporated into our overall fundraising image.

National's office has moved into the same location as Ontario's office in Cambridge, so please change your files accordingly. This will make it easier to coordinate activities.

Someone from National will be in the office on most Wednesday afternoons.

On behalf of both Ontario and National's Board of Directors, I would like to thank Jacky Roddy for all the work she did to set up and run Ontario's office. Jacky has resigned from the excitement of foundation management to pursue the tranquil green fields of accounting.

Please let us know if you have any suggestions for 1990. This year promises great things for our organization. I hope you can participate with us as we move forward.

Ed Lowans, AEHA (National) President

the allergy and environmental health association

The AEHA Quarterly

The AEHA Quarterly is a publication of the Allergy and Environmental Health Association, a volunteer, non-profit, registered charity. *The Quarterly* is of interest to people who are concerned about their health and how their health is affected by the environment. Articles in *The Quarterly* deal with a variety of issues, ranging from environmental medicine to gardening concerns for the environmentally aware. Also every issue attempts to share with the reader how people have improved their health by changes in habits, diets and environment. *The Quarterly* does not offer medical advice and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

The Allergy and Environmental Health Association

The objectives of the Association are many, however a major focus is the promotion of the exchange of information on the prevention and treatment of environmental hypersensitivities. People who are environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, in water, or in their home and/or workplace environments.

Natural inhalants such as pollens, dust and molds, and

even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as "allergy" but the many synthetic chemicals that are now common around us can also cause symptoms and overexposure to them can trigger environmental hypersensitivities even in those with no history of allergy or other sensitivity to the environment. Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life, and career. The Thompson Committee Report defined environmental hypersensitivity in 1985 as "a chronic multisystem disorder involving symptoms in one or more systems of the body."

On a local basis, AEHA branches work toward finding sources of chemically less-contaminated food, water, clothing, and household furnishings, as well as providing referral to counselling on changes of lifestyle that may alleviate symptoms. The AEHA and its branches would like to encourage others to become involved not only in research on the effects of environment on health, but in working toward a healthier, less-polluted environment.

Product information mentioned in *The Quarterly*, should be evaluated for personal compatibility, since individual sensitivities vary widely. Mention of a product does not imply that AEHA endorses that product or service.

The QUARTERLY

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provincial president's message

Welcome to our newest branch from London, Ontario.

I would like to thank all the members who have worked to further the goals of AEHA this past year. Many of us have health problems which often lead to other problems in financial and employment areas. AEHA's aim is to try to make life easier for those with environmental health difficulties. This is a period of rapidly changing attitudes and awareness towards environmental issues among the general public. We are no longer a few people worried about strange health problems. It seems everyone is concerned about the effects of the environment on health.

Darlene Koski, our Provincial Services Co-ordinator, has had a number of meetings with various government offices. She has met with the Office for Disabled Persons and will be involved with them regarding the problems our members face. Health and Welfare is hosting a two-day Workshop on the Environment and Health in Ottawa, May 24 & 25,

1990. This is for members of the support services professions. AEHA was asked to provide a list of speakers appropriate for this seminar. CMHC (Canada Mortgage and Housing Corporation) is hosting an Indoor Air Conference in Toronto at the end of July. In conjunction with this, AEHAO has been invited to co-host with the Allergy Information Association, a meeting for the general public on July 31st, 1990. This would involve suggesting speakers and coordinating the on-site arrangements for 1400 people.

Our Annual General Meeting will be held April 21, 1990 in Cambridge. We hope that you will come out that day to help us elect Board members and to set policy for the coming year. As well, we plan to have a top notch speaker on pesticide and health issues.

AEHA is only as strong as its members, so please get involved!

Marg Lamothe, AEHAO (Ontario) President

provincial government liaison's report

It is now possible to release more information about the Ontario Ministry of Health's funding of research on environmental hypersensitivity which was announced last year. The Ministry has set up an advisory committee on environmental hypersensitivity consisting of physicians and scientists of various disciplines to review research proposals. Our organization was invited to submit recommendations for this committee and three of our recommendations were appointed: Dr. Paul Herbert, biologist at the University of Windsor, Dr. George Dixon, toxicologist at the University of Guelph and Dr. Gerald Ross, clinical ecologist. The Committee has recently been given peer review status which will hasten things considerably. As members will know, one research proposal by Dr. Bruce Pomeranz was approved and, despite difficulties in finding a research site and patients, it is now functioning well. Contrary to a recent Canadian Press article that mentioned \$200,000 in funding, it is to be funded over three years in the amount of \$600,000.

Two other proposals are being reviewed. One involves nutritional aspects of the rotation diet. The other proposal concerns research on chemical sensitivity and will require substantial funding. I am confident that both of these will be approved.

In addition to these projects, the Ministry will discuss with the Advisory Committee in February a recommendation to invite research proposals from outside Ontario, including the United States. These would have to be affiliated with an Ontario university. This will significantly broaden the re-

search activities to include doctors and scientists who have already done some research in this field.

A recent Canadian Press article said that the Ministry's research initiatives were mere tokenism. I doubt that many patients would support this unfortunate remark and it is certainly not the view of this organization. It is very apparent that the Ministry of Health is making a major commitment to research which will make it possible to determine the nature of environmental hypersensitivity and to find ways of diagnosing it accurately. It understands that it is difficult to make and justify policies to help us unless they have the support of the medical establishment.

In my thirty years of dealing with governments I have learned that, although firmness is often necessary, friendly persuasion accomplishes a great deal more than anger, confrontation and harassment. Civil servants simply stop listening and the whole organization becomes tarred with the same brush.

It would be so helpful if individual members would write to the Minister of Health and express their appreciation for these initiatives and, at the same time, explain the need for more direct help to patients and any other concerns that you might have.

Write to: The Honourable Elinor Caplan, Minister of Health, 10th Floor, Hepburn Block, 80 Grosvenor Street, Toronto, Ontario M7A 2C4

Barbara Mowat, AEHAO Government Liaison

ontario branch news

A winner is someone who sets goals, commits to those goals, and then pursues those goals with all of one's ability. In Ontario we have many winners. Some of these are highlighted in this issue of *The Quarterly*. And some winners are ...

- the volunteers from six of the seven Ontario branches, who learned, laughed, shared ideas and enjoyed the Provincial "Branching Out" workshops in either Cambridge or Belleville. We'll do it again.
- renewed members of AEHA, who will not miss out on the new horizons opening up.
- those individuals who contributed to the AEHAO fundraising appeal. Our target was reached! Thank you for your generosity.
- Linda Whitlock and the London Branch Executive who successfully hosted a well attended public meeting. If you'd like to transfer to the London branch, please contact the Cambridge head office.
- another Lynda (different spelling) and the enthusiastic group in Kitchener for increasing the community awareness via public meetings about children, schools, housing and food. Full steam ahead to Lynda Schmidt and her group!
- Joanna Anderson and the Hamilton/Burlington branch for co-hosting a session attended by about 200 people, despite the negative press prior to the event. The attraction - Doris Rapp, M.D., a noted speaker and author concerned about children and allergies. Keep on making a difference!
- the Quinte area with Lesley Forrester and her expanding group for continuing to host public meetings in the Belleville area. Considerable press coverage is spreading the word for this group.
- the Ottawa branch will soon have branch elections. Best wishes to the new executive!

Branches need volunteers! Volunteers are like treasures - they make the world sparkle with enthusiasm and energy. "We alone can do it, but we can't do it alone!"

Darlene Koski, Provincial Services Co-ordinator

The following bulletin (in draft form) has just been received from Health and Welfare Canada, Health Protection Branch. The Association is extremely enthusiastic about our participation in this workshop!

Workshop on the Environment & Health (Focus on Allergies & Environmental Sensitivities) Government Conference Centre, Ottawa, May 24-25, 1990

In recent years increasing attention has been directed to assessment of the impact of environmental exposure on human health. Growing concern has been expressed about possible adverse health effects of many substances, even at low exposure. The Ontario Ministry of Health released a report of the ad hoc Committee on Environmental Disorders (Judge Thompson report) in 1985, the Nova Scotia Health Department's report on the same subject in 1986 and the Department of National Health & Welfare's working paper entitled Healthy Environments for Canadians in 1988, all pointing to the burden of illness from environmental sensitivities.

While there is evidence to support the view that a significant number of persons are unusually sensitive to chemical and other substances in the environment, in addition to the traditional allergies, information on its prevalence is virtually non-existent. A reluctance to accept the syndrome by some persons may stem from the lack of obvious mechanism. There is a need for facts, clear cut definitions and diagnostic criteria as well as basic scientific and epidemiological research to try to clarify the nature of the problem.

A meeting was held late in 1989 attended by a number of professional and lay associations dedicated to helping patients with allergic illness and environmental sensitivities. As a result there was agreement on the following points:

- that there is a large burden of illness
- that there was much to be learned about the condition(s)
- that there is a need for multidisciplinary research, lay and professional education
- that a workshop should be held which would focus on these issues

FULL STEAM AHEAD!

highlights from the Ontario office

AEHAO Staff Change

The Ontario office has undergone a recent staff change and re-organization. Jacky Roddy has left her position as Executive Director in order to move into a position in the private sector. We all wish her well. Kathy Sage Hayes has become our Provincial Resource Manager, with a mandate to combine the general administration of the office with a strong emphasis on developing our resource base. Elsie Gerber is our new Administrative Assistant. She is looking after our membership lists, and will be your contact for general membership and bookkeeping matters. Darlene Koski has expanded her role into a higher emphasis on public meetings and Board and branch development. Her new title is "Provincial Services Coordinator." The staff is always available to you. Please let us know about your ideas, comments, problems and solutions! Your input is essential to the growth of the organization.

Scented Mail

A few members wrote to us saying that the fundraising material which they received from our office had a perfume smell. The source of that remains a mystery to us, as no one is ever allowed into the office wearing any scented products. We have checked and decided to do a typical Canadian thing - blame it on the post office. That doesn't ease our concern however, and we have sent a letter to Canada Post. Please be assured that we take every precaution in handling any material that goes out to our membership.

We are currently searching out printers who work with vegetable based ink so that we can look at the possibility of printing *The Quarterly* without the fumes. If you have any inside information, please contact the office as soon as possible.

Health and Welfare Canada hosted a meeting in Ottawa in November 1989 to discuss plans for a two-day workshop. AEHAO submitted a proposal that included our choices for presenters and our suggestions for representation from the fields of law, medicine, social services, agriculture, insurance, housing and so on. The meeting has now been set for May 24-25, 1990 in Ottawa and promises to be a great step forward for the environmentally sensitive. See page 5 for more details.

Canada Mortgage and Housing Corporation is hosting Indoor Air '90 - a yearly international conference on indoor air quality in Toronto at the Metro Convention Centre. The dates are July 29 - August 1, 1990. The evening of July 31st will be a special session open to the public - AEHAO will be participating in this event. Stay tuned for details!

The 1990 Annual General Meeting for the Allergy and Environmental Health Association of Ontario will be held in the Cambridge area on April 21st, 1990. A speaker on pesticides and health will be present. Pencil this date on to your calendar! If you are unable to attend, please take the opportunity to send your proxy in. Proxy forms are located on page 12 of this *Quarterly*.

The next *Quarterly* will have more information about this meeting, as well as details on the Annual General Meeting of the National body.

Growing Resources

We're continuing our search for quality information on all aspects of environmental health. Please contribute! The information that you have may be just what another member is looking for. We're interested in magazine, journal and newspaper articles (please include the name and date of the source). We also would like to hear about good products, books, speakers, etc. If every member sent in one contribution, we'd have a wealth of material to work with.

Don't hesitate - drop us a line soon!

Donations

The office has sent out the charitable receipts for 1989. Our fundraising goal was reached due to your caring and generous attitude. Members should congratulate each other on pulling together to reach this most important goal.

Material Available

The AEHAO has a brochure series called Working Together For a Healthier Environment. Brochures currently available are *Molds and Fungi* and *Parents and Teacher*. We also have a general brochure on the work of the Association. Both your local branch and the AEHAO office have copies.

Please direct information or supply requests to: The Allergy and Environmental Health Association of Ontario, 10 George St., N. Cambridge, Ont. N1S 2M7.

crosstalk

Dear Editor;

I just recently became a member at your Association and received my first copy at *The Quarterly*. I must say that I am very impressed with your informative publication.

In the Fall '89 issue Vol.XI No.3, the Editor's Message talked about construction projects due to environmental problems. My two children, age 3 and 4, have a lot of allergies. When they were first born both of them nearly died more than once. One of the pediatricians in town finally conceded that he could no longer help our children, so he "unofficially" sent us to a food allergist. We then found out that the entire family had a long list of food allergies. With a restricted diet, our family has survived.

Our situation was, however, that although our problems were substantially reduced, we were not able to eliminate them. We then were diagnosed as having environmental sensitivities. At first we thought that they could be controlled by renovating our home, but the more research we did, the more we found out that it was impossible. We are now in the process of having a home custom-built. The home will cost us substantially more because of the special features we are including.

We are trying to do as much as is reasonably possible to correct the environmental problems our children are having. Naturally we will be taking on a sizable mortgage to cover the costs. In a Letter to the Editor of the before mentioned issue a reader inquired about financial assistance from either Ontario Ministry of Housing, or Canada Mortgage and Housing. Please advise whether any assistance is possible in our situation. I hope this is of some help, and I look forward to your reply.

Sincerely, A New Found Supporter,
Raymond Heidt

Editor's Note: Thank you for your letter. We've run the information on financial assistance for housing renovations again. You'll find it in the "News" section. Also, please note the other notices in this issue concerning home renovations.

Need a Vacation?

Shore Haven is an environmentally safe vacation spot in Hawaii.

E.I.'s are requesting a second E.I. (remote oceanside) Shore Haven. To keep cost down (time vacant) during the construction year, I would like to know if you are interested in renting just the safe clean basics at half the price for one week at a time between reconstruction appointments. I do not want to start the creation of such an apartment unless I know enough. E.I.'s are interested in renting it to warrant such an expensive project. Ocean front property (there are only 3 high rises by the ocean) is very scarce, usually not for sale and very expensive — (price doubled this year). I would like to hear from you and create some kind of list of those interested in reservations at \$50.00 per day some time in 1990-91. Write to Shore Haven, P.O. Box 11, Waianae, Hawaii 96792. This is an opportunity not otherwise available for E.I.'s to spend time by a Hawaiian ocean.

To AEHA Members:

I am interested in finding out how great the need is within the AEHA group for the use of environmentally safe trailers. If you would like more information, or if you have some ideas on the subject, please contact Derek Vernon-Brown at 37 Chieftan Crescent, Barrie, Ontario. L4N 4L4. 705-728-5902. Thank - you.



crosstalk

To the Editor,

The letter from Prof. Jack M. Miller (AEHA Quarterly, Vol.XI, no. 3, 1989, p.7) cited the results of a summer student's project on lead in tap water to be inconsistent with an article I wrote (AEHA Quarterly, Vol.XI, No.2, 1989, p.14). The question of reducing lead by letting the water in the tap run before using must be clarified for readers.

The article on reducing your lead intake was written for the environmentally sensitive, who must take painstaking care in removing contaminants and pollutants from their environment. Their requirements undeniably exceed those of the average person.

Since there is no biological function of lead in man (1) and body burdens of lead are already known to be high, the goal should be the lowest possible (zero) concentration in drinking and cooking water, and not just some reduction.

It is known that the lead level from infrequently used taps can be higher, and that the first draw can have higher lead than succeeding draws, particularly in newly installed plumbing lines and faucets in the house (2). The lead leaches out of the solders, the joints and brass or chrome faucets. Letting the water run before drawing will flush the water standing in the internal plumbing of the house. The length of time the water is allowed to run will determine how much of the standing water is removed.

The suggestions have been to flush for a few minutes. If one wishes to find out if all the standing water in the house is removed, a temperature test can be used. The instant the temperature changes (from warmer due to the heat of the house to colder) would indicate that water just outside the house is being drawn.

It must be noted that the water can have a stagnation time in the service line from the house to the street mains in addition to the contact time from the treatment plant to the house. The latter depends on the distance and how fast the water is moving.

It cannot be assumed that lead pipes have disappeared. The original lead service lines installed extensively in the past are still in use today (2). In the Ottawa area, east of Woodroffe Avenue, there are lead pipes from the streets to the homes which have not been replaced, as there are asbestos-lined cement pipes (information from the Works Department of the Regional Municipality of Ottawa-Carleton).

Even in the absence of lead pipes, tests have shown that lead can be elevated. Possible sources are lead goosenecks, sweat joints, valves and gaskets used in service lines (2).

At the treatment plant, the lead content of the water is increased above the background levels of the source by the process of fluoridation. Fluorosilicic acid, the most common fluoride compound added to municipal systems, is contaminated with lead, arsenic and antimony (3). The contribution of this contamination to the total lead levels measured in water from taps may be small, but more importantly, the presence of fluoride affects the leaching ability of the water. The fluoride increases the corrosive or aggressive nature of the water (4), enhancing the uptake of lead from lead-containing materials anywhere in the distribution system. The free chlorine residual also increases the dissolution of lead (2).

It has been shown that as little as one and a half hour standing time can increase the lead level (2). Day-time samples are, thus, as important as at other times. If the homeowner uses the tap for drinking or cooking, flushing must be done not only in the morn-

ing but each time. Nonetheless, unless tests for lead at varying flushing times in each house are made, one cannot be certain how much of the standing water has been removed. Obviously, lead that has been leached out in the distribution system before the water reaches the house will not be flushed out. To rely on flushing as a means of removing lead only gives the user a false sense of security.

Considering the large number of inorganic and organic contaminants in municipal water supplies (estimate of 1000 organic compounds, 765 of which have been identified (5), alternatives to drinking water from the tap have to be found.

References:

1. Salares, V.R., "Low-Level Exposure to Lead in Relation to Disease", AEHA Quarterly Vol.XI, no.1, 1989, p.6 and references therein.
2. Schock M.R. and Wagner, I., "The Corrosion and Solubility of Lead in Drinking Water", in Internal Corrosion of Distribution Systems, AWWA Research Foundation, Colorado, U.S.A., 1985, p.213.
3. City of Houston Specifications for Fluosilicic Acid, April 23, 1981.
4. Ferguson, J.F., "Corrosion Arising from Low Alkalinity, Low Hardness, or High Neutral Salt Content Waters" in Internal Corrosion of Distribution Systems, *Op.cit.*, p.627.
5. Hickman, J.R., "Drinking Water: A Global Victual" in Safe Drinking Water, ed by R.G. Rice, Lewis Publishers, Michigan, 1985, p.15.

Very truly yours,
Virginia Salares, Ph.D.

crosstalk

Dear AEHA Members,

We moved here to God's Country in 1981 from Southern Ontario in search of clean air and water, because of serious chemical sensitivities. We are constantly being asked if we know of any environmentally clean accommodation for vacation use and for longer term recuperation periods. Since there is nothing suitable anywhere in Canada, my husband and myself are considering building efficiency units specifically constructed and suitably furnished.

We need input as to the requirements and demand, in order to get this project underway. Just how many need and would use this specialized accommodation? Is there a need for R.V. site where propane and wood fire are not allowed?

Some of the information needed is as follows:

1. Do you require a one or two bedroom unit?
2. Would this be for vacation use only? If so, for how long?
3. If for longer recuperation, how long?
4. What outdoor and indoor activities are you able to participate in?
5. Do you require distilled, reverse osmosis, good well or spring water?
6. Must the kitchen be a totally separate area?
7. Do you require the refrigerator motor to be vented outdoors?
8. Do you tolerate air-conditioners?
9. Do you require a reading box?
10. Do you need wild meats as well as organically grown meats?
11. For longer terms would an organic garden plot be utilized?
12. Would housekeeping service be required?
13. Would a location several miles from a lake be preferable to one in a close proximity of a lake or river?
14. Would transportation be required from a nearby airport?
15. Do you use a microwave?

We would appreciate an immediate reply to this questionnaire in order to make this oasis available as soon as possible. We are open to all suggestions. Please reply to:

Bob & Jean Stephens
Site 19 Camp 30
RR#1 Sorrento B.C.
V0E 2W0
Phone # - 1 - 604 - 675 - 4261

Dear AEHA Members,

I'm searching for 5 quart glass jars, made before 1950 or European-made jars. North American-made glass jars apparently have a non-shattering product added to the glass which causes problems for some environmentally sensitive. Please contact: Diane Christopher (416) 767-2722. Thanks!

Dear AEHA Members,

A number of members have expressed an interest in starting up a pen-pal service through the Association. If you are looking for someone to talk with through the mail, you might be interested in this.

Please write to the Cambridge office, indicating your willingness to have your name and address put on to a pen-pal list. We will need someone to volunteer as the co-ordinator. Please be in touch if this job sounds like fun to you!



news

Housing Renovations

The Ontario Ministry of Housing has a program very similar to the Residential Rehabilitation Assistance Program of the Canada Mortgage and Housing Corporation. It is called the Ontario Home Renewal Program, Disabled Components. People who are disabled with environmental sensitivities may be eligible for assistance in order to make their home environmentally safe. There is a very long waiting list and the government has pledged only \$10 million over the next two fiscal years.

In summary, the rules of the program are as follows:

1. You must own your own home. The money is not available to tenants.
2. The renovations must be permanent.
3. The maximum any household may receive is \$15,000. This includes any money granted by the CMHC. That is, if the CMHC gave you \$5,000, the maximum you would receive under Ontario's new program is \$10,000 for a total of \$15,000.
4. The loan may be forgivable if you own your own home for at least five years.
5. The maximum family income to receive the maximum loan amount is \$45,000 per annum. Partial loan money is available with an annual family income to \$60,000 per annum.

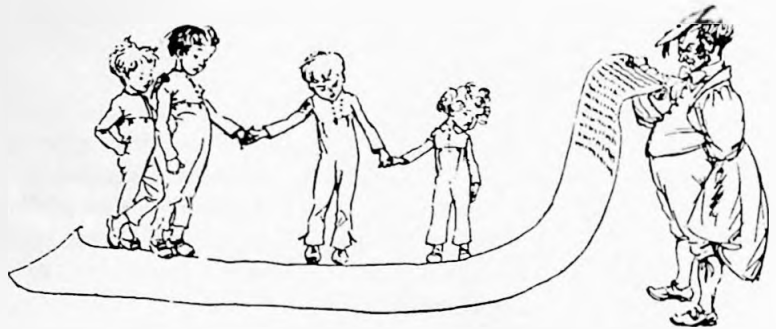
For further information or points of clarification, you should contact one of the Regional Housing Offices in the province listed below.

Toronto (416) 225-1211
Thunder Bay (807) 475-1465
Ottawa (613) 820-8305
Hamilton (416) 521-7500
Sudbury (705) 560-6350
London (519) 679-7110

Some of our members have reported a good response from Canada Mortgage and Housing Corporation in requests for assistance. They can be reached by dialing this toll-free number: 1-800-8558.

Environmental Construction Network

The environmental construction network will publish a source list early in 1990. It will contain listings of organizations, products, services and literature dealing with environmental conscious construction. If you have any information which should be included, please contact the network immediately. eg.: materials, contractors, consultants, etc.
c/o Ed Lowans
R. R. 1 Caledon East
Ontario, L0N 1E0



Write To Your Representative!

Write to your Member of Parliament and express your concerns. Every single letter makes a difference. Here is a number that you can call to get the name and address of your MP: 1-800-267-8683.

In Ontario, you may call the following number collect, to get a listing for your local MPP: 416-965-6831.

Airline Fumigation

The AEHAO has begun to research the fumigation of airlines with passengers and crew aboard. We understand that such fumigation on overseas flights are done without any warning, and that no protection is offered or available. We'll try to track down more details on this. In the meantime, members are cautioned to carry with them a charcoal mask when travelling to provide at least some form of protection.

news

A New Study on Housing for the Chemically Sensitive

There is some promise that the government will in the future be taking some action to address the housing needs of the environmentally ill. Canada Mortgage and Housing Corporation has initiated a study to survey low-pollution housing in Canada at the present time.

The study is intended primarily to help individuals who are in need of clean housing. The results should also be helpful to physicians, builders and others who are interested in the subject. It is hoped that the survey for CMHC will spur more funding from the government for further research and support for those who cannot tolerate their present homes and must find a place they can live in.

At the present time, there is no federal program in place to help individuals who are forced to seek low-pollution housing. In Ontario, the Home Renewal Program for the Disabled enables environmentally ill individuals to apply for assistance to modify their homes through forgivable loans (please see opposite page). There are no comparable programs in the other provinces. The CMHC study is, therefore, welcomed as it will document and publicize the low-pollution housing requirements of the environmentally sensitive in Canada and it may open the door for future government action.

The survey will attempt to approximate the extent of the demand for low

pollution housing, and determine the different approaches and methods that individuals have taken to satisfy their housing needs. The study will deal both with new construction and renovated or modified homes. The latter will include single homes, semi-detached or row houses and rental units. The best examples will be selected and covered in depth to show what construction features or modifications have been used to improve the indoor air quality.

CALL TO AEHA MEMBERS

Have you renovated, added on to your existing house or built a new home as a result of your environmental sensitivities? Have you found benefits from the housing changes you made? We would like to hear from you, or from others you may know of.

Please contact Dr. Virginia Salares by calling her at (613) 839-5525 or mailing her a postcard with your address and telephone number at this address: R.R.2, Kinburn, Ontario K0A 2H0.

Respondents will be contacted by telephone to find out the modifications and changes that were done.

This study is for us - the environmentally ill. Your cooperation is important.



THE ANNUAL GENERAL MEETING OF THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION OF ONTARIO

The Annual General Meeting of the Allergy and Environmental Health Association of Ontario will be held in the Cambridge area this year. The date is April 21st, 1990. The location is still being finalized. A speaker will present a talk on pesticides.

The AGM provides an opportunity to nominate and elect representatives on the Board of Directors. A Nominations Committee has been struck by the Board of the AEHAO, and they will be receiving nominations up to two weeks prior to the Meeting. Please call or write the office as soon as possible with your nominees.

Other matters of important consequence to the Association may also be discussed at the Annual General Meeting. We sincerely hope that you will be able to participate. If you are unable to do so, you may send along a proxy to vote for you. To appoint a proxy, complete the two proxy voting forms below, giving one to your proxy to bring to the meeting, and sending a copy to: 10 George St., N., Cambridge Ontario N1S 2M7.

proxy forms

The undersigned, _____, a member in good standing with the Allergy and Environmental Health Association, hereby appoints _____ as proxy with power of substitution, to attend and vote for me at the Annual General Meeting on April 21st, 1990, or any adjournment thereof. Dated this _____ day of _____, 1990.

The undersigned, _____, a member in good standing with the Allergy and Environmental Health Association, hereby appoints _____ as proxy with power of substitution, to attend and vote for me at the Annual General Meeting on April 21st, 1990, or any adjournment thereof. Dated this _____ day of _____, 1990.

HEALTHY ENVIRONMENTS FOR CANADIANS

Making The Vision A Reality

by Bruce Small

In 1988, 25 reports were submitted to Health and Welfare Canada in order to assist in defining priorities for health promotion research in Canada. The full report from which this article is summarized, including a bibliography, may be obtained by writing to the Health Services and Promotion Library Network, Health and Welfare Canada, Ottawa K1A 1B4. The report is entitled "Healthy Environments for Canadians".

Physical and social environments play an important role in people's health and well-being. While this has been known for many years and is well documented, it is not generally reflected in Canada's health care delivery systems or in the design of our physical settings and social programs and institutions.

In virtually every physical setting in Canada - in homes, schools and the workplace, and in public places, whether built or natural - there are major health and safety issues that need to be addressed. Moreover, many people in Canada are trapped in social conditions that are unhealthy. Poverty and unemployment, for example, are major contributors to ill

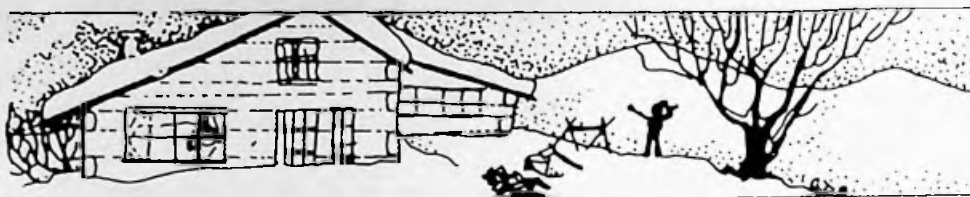
health. Too often individuals are kept confined to these unhealthy environments by overt or subtle forms of discrimination.

The fact is that Canadians share many environments which ignore the true range of the physical and cultural differences between them. Although some of our more specialized environments do take heed of our physical differences, they often overlook the rest of our human characteristics and needs. Thus, while they may be safe and accessible, they may also be psychologically or socially unhealthy. A new vision is needed, one in which Canadians can make environmental choices and exert greater individual control over their surroundings, both physical and social.

How can we succeed in creating better environmental designs, eliminating prejudices and incorporating what we know about environmental health into our health care systems?

What else do we need to know?

(continued)



WHAT WE KNOW

The following is a brief synthesis of the main conclusions drawn from our review of the literature, and from ideas obtained through various research contacts.

Our physical environment can affect our health. For many people in Canada, dangers in the physical environment contribute significantly to the risk of injury, ill health or death. In virtually every Canadian setting the physical environment contains some health or safety risks.

Indoor air pollution, caused by numerous chemical emissions, is a significant component of the overall risk. The sources of such emissions include industrial processes, building materials, furnishings, combustion devices, maintenance products, pest control substances, personal care or pleasure products, and human metabolism.

Likewise, the trace-level contamination of food, drinking water and outdoor air with a wide array of pollutants of varying toxicities, presents a general chemical stress to which virtually everyone in Canada is subject.

Social and economic conditions can also affect people's health. Unemployment, poverty and financial stress, work pressures, family problems, prejudice and victimization, isolation, and lack of control over their lives can all have an adverse effect on people's physical and mental health. Conditions once considered as merely unfortunate can in fact be highly stressful, and now appear to be more costly to health than has been commonly acknowledged.

There is a wide range of vulnerability in the population. Each individual is unique in his or her response to factors in the physical environment. There are those who can go about their lives experiencing little or no effect from the immediate physical environment; but there are others whose day-to-day functioning is severely impaired by one or more specific environmental factors. Any given individual may have a unique array of sensitivities- it is possible to be quite insensitive to one factor yet highly sensitive to another.

There appear to be limits to people's ability to adapt to changing environmental conditions. Some people seem to be unable - whether temporarily or otherwise - to adapt to

changing conditions, particularly to an increased pollution load. An individual who has sufficient control to limit the amount of adaptation required at any one time, and to shape the surroundings to accommodate his or her inherent nature (rather than the other way around) is someone who can be said to have a healthy environment and lifestyles.

Environmental health issues are different for each person. People of different ages, genders, family or household types, races, cultures, levels of health, degrees of mobility, sexual orientations and lifestyles, all encounter variations of general environmental health issues which are unique to their particular situation. Each different physical setting and each different social and economic condition brings with it new viewpoints and priorities in environmental health. Understanding this diversity of issues is an important key to achieving health for all.

Another finding is that many of the environments in which we live - including, for example, public spaces, offices and schools - do not accommodate the full range of human characteristics. Take people who are handicapped, less mobile than others, or chemically hypersensitive. All too often we have ignored the fact that if environments are made accessible to them everyone else stands to benefit-physically, from health and safety features, and socially, from their presence. While some of the "special environments" we have created perhaps do a good job of these individuals, they frequently ignore their other human characteristics, and isolate them from the wider society.

Over the past decade, the phenomenon of environmental sensitivity has been receiving increased attention. Sensitized individuals become reactive to a wide variety of low-level air contaminants in their immediate environment. Once this process has begun, common indoor and outdoor environments appear to exacerbate symptoms, and chemically less-contaminated environments appear to be therapeutic. There is some indication that the proportion of hypersensitive individuals in the population is increasing. The World Health Organization has recommended that special environmental requirements for the protection of the affected groups should be assessed.

One of the most difficult aspects of dealing with hy-

persensitivity is the prevalence of negative attitudes among the less sensitive population, towards individuals who find themselves highly reactive to physical environmental factors. In the words of one individual coping with the illness: "The most demoralizing and frustrating experience, is that, while being seriously ill, weak, exhausted, confused, in pain, and isolated, one must also fight spouse, children, extended family, neighbours, friends, community, all levels of government, doctors, hospitals, social services, OHIP, OMA, psychiatrists, employers, insurance companies, pension and/or welfare agencies - in fact, the whole world - in order to survive".

Many seemingly innocent practices present unexpected hazards to people who have become temporarily hypersensitive, including the use of perfumes built into stationery, advertising and periodicals, and the common use of scented cosmetics, body, and clothing care products by both men and women. Unannounced pesticing of apartment buildings and offices can render a previously safe location totally intolerable.

The present atmosphere of general ignorance about hypersensitivity diseases, and even about allergy, which has been studied for a longer time, is an unhealthy and a dangerous one for both allergic and hypersensitive individuals. It leads to feelings of hopelessness at being misunderstood and often to extreme isolation, as friends and families withdraw, not knowing how to deal with the environmental needs of the afflicted person. Health care environments have often proven to be particularly hazardous to the asthmatic and/or chemically sensitive individual seeking emergency treatment. For example, many care-givers and hospital workers are unfamiliar with the potential effects on sensitive individuals of volatile chemicals commonly used in hospitals.

The food and chemically sensitive individual will sometimes have difficulty in maintaining a healthy and supportive social network for himself or herself. Some will have childhood histories of learning problems and deficits in appropriate social skills, possibly relating to early malfunction or specific physiological systems. Behaviours commonly exhibited include increased activation, an increased probability of frustration, decreased attention span, perceptual problems, and memory deficits. Social skills may be required, however, to negotiate environmental changes that represent, to date, the best means of reducing the individuals hyper-reactivity.

The literature also showed that many people in Canada become locked into situations that expose them to unhealthy environments. For example, certain groups are more subject to environmental hazards than others. The devaluing or undervaluing of certain groups of people (women bluecollar workers and handicapped people, for example) can produce widespread disparities between their social and physical

environmental conditions and those in which other Canadians live.

Prejudice is itself unhealthy. Victims of prejudice experience the direct physical and emotional effects of an unhealthy social atmosphere; they also suffer the indirect environmental consequences of the discrimination. It is not uncommon for such individuals to internalize some of society's attitudes toward them, and to be subject to a spiral of decreasing self-esteem and related problems. Many people are undervalued ostensibly because of one distinguishing characteristic. As if this is not bad enough, the rest of their human qualities are also rejected in the process.

It is becoming increasingly clear that the personal and social support network is an important determinant of health. People who are isolated appear to be more susceptible than others to ill health. Moreover, the rest of society remains unaware of their needs and of their value as human beings.

Health hazards can be reduced if people have more personal control. Many people in Canada voice a hopelessness about reducing the risks to their health from environmental exposures; they feel they simply do not have enough control over their personal and social surroundings to be able to bring about the changes they would like. People have to participate in the creation or modification of their physical and social surroundings. This is quite feasible and would be an important step towards the overall creation of healthier environments. What is critical is that sufficiently detailed information about the full diversity of people being served be introduced into the design process. We already have a great deal of knowledge about user participation; we only need to apply it.

Finally, advances in the measurement of pollutants and the ways in which they affect us are revolutionizing the field of environmental health. We now know that people's health and performance can be adversely affected by levels of exposure once considered safe. Moreover, there is concern about the unknown and possibly synergistic health effects of different mixtures of trace levels of pollutants. The scientific selection of healthier environments is being made possible by the emergence of new techniques.

WHAT WE NEED TO KNOW

We would find it much easier to determine which environments were healthy and which were not if we could fill a number of gaps in our knowledge.

For example, with few exceptions, we do not know what actual effects many environments have on individual human

beings. The research so far available to help us decide what is healthy and what is not is either largely epidemiological or statistical in nature, or it deals with the effects of environment on animals. While perhaps helpful in setting general environmental standards and in identifying major hazards, it does not provide us with the level of detail we need to make truly competent decisions about healthy environments for specific people. Yet every individual in Canada wants to know how he or she is affected by a particular environment; health care professionals need this kind of information too. Imagine a time when all Canadians could obtain a profile of their own individual adaptability to different types of environments.

We also need to develop population profiles of environmental sensitivities. This is because we cannot now say with any degree of accuracy how sensitivity to environmental insults (either physical or social) varies across the population. Without this information we cannot make competent decisions about design standards for physical, social, or economic environments in Canada. One urgently needed profile is that of people's degree of reactivity to common mixtures of indoor air pollutants.

No true picture of the diversity of human characteristics and situations found among Canadians has ever been painted. At present, statistics are gathered in certain basic categories (for example, gender, marital status, age, diseases, income, education, employment, and so on) each of which is usually analyzed separately. But every individual has many different characteristics, and those who make physical, social, and economic design decisions need to have a richer picture of these characteristics and of their various possible combinations.

When we categorize people one-dimensionally we tend to stereotype them rather than thinking about them accurately. How many young, black, single women with an interest in learning more about computers are there in Canada, and how can we help them to create a healthy environment for themselves? How would our approach differ if we knew more about them?

Another thing we need to know is how physical, chemical and social stress affects our bodies and minds. For example, it is known that low-level chemical exposures can

trigger many measurable symptoms in sensitive individuals, yet there is no consensus on the mechanism that is actually at work here. Research in the field of immunology is teaching us that our bodies can be affected in various ways by all kinds of stress, but more research is needed to unravel the exact details.

Our experience in helping people to heal the adverse effects of their environment is also very limited. Clinical work is being conducted with individuals who are hypersensitive to minute chemical exposures, but there is so far no agreement on what therapy - other than reducing their stress load - is appropriate for such individuals. This is a serious gap in our knowledge, because there are many physical and social factors in present-day Canadian environments that pose considerable health risks.

We also need a far clearer picture of the impact on health of cleaner environments. In Canada, we no longer have comparison populations that can provide us with a good idea of what people's health would be like in a far less polluted and stressful environment. Most Canadians are exposed to complex mixtures of indoor and outdoor contaminants, albeit at trace levels.

While our lifestyles vary widely, we all live in a complex environment of social and economic stress. In order to make competent decisions about the relative value of less polluted or less stressful environments, we need good information about how the alternatives would affect us. Experimental situations will be needed to help us acquire this knowledge.

GOING ABOUT IT

To find out what we need to know in the field of environmental health will require an expansion of technology and the use of research methods that go well beyond the present state of the art. In exploring the nature and effects of physical and social stressors, we will have to rid ourselves of

that sense of hopelessness which presumes - without ever testing the limits of our ingenuity - that nothing can be done.

It has become important to know, in far more detail than before, how products behave physically and chemically. Efficient and economical laboratory protocols are required to determine what substances are released into our air and onto our skins by the materials we handle and by the environments in which we live.

We also need well-controlled, scientifically verified procedures whereby we can obtain accurate information on how specific environmental exposures affect particular individuals. New and promising technology, including the application of such techniques as computerized brainwave analysis, may help to provide us with the means of obtaining such information.

Better protocols are also needed to deal with situations in which people believe their immediate environment is making them ill. Considerable work has been done in industrial settings involving high level exposures, but cases where exposure levels fall below the accepted standards are often not resolved satisfactorily. Several things are required: better detective work; an improved understanding of the possible effect of low-level exposures on sensitive individuals; and more direct involvement by the people who are actually affected.

Also, new procedures, facilities and technology are needed to open up the field of "experimental environmental health". Sometimes the best way of determining the effect of an environmental stressor is to remove it from the environment, and then measure how people feel. Individuals thus become their own scientific controls. Using this approach, along with protocols for measuring the direct effects of environmental stressors, we could determine the precise role of a particular stressor on someone's health and well-being.

Living with prejudice and victimization increases the risk to people's health. In Canada, we have relied for years on the idea that with each new generation prejudice will somehow naturally decline. We have used legislation to guard against blatant violations of rights, and placed emphasis on acknowledging and welcoming multiculturalism in Canada. What is still required, however, is research to determine how we can go about reducing prejudice and getting rid of bias in our current institutional practices. The key to achieving this is to make far more information available to the public about the full human nature of those individuals who tend to be devalued in our society.

Another focus of our attention must be educating the public about environmental health. There is no question that

the environment plays a far larger role in people's health than was once believed. There are many Canadians who, although their health is being adversely affected by the environment, are ignorant of the fact. Even health professionals often overlook the possibility that the environment may be implicated in someone's illness. Because creating a healthy environment is a very individual affair, "health for all" can never be achieved unless everyone understands the role of environment in health. We need to select, test, evaluate and implement strategies that will ensure that the word gets out.

We also need to find ways of giving individual Canadians greater control over their environments. People have a better chance of maintaining their health and of thriving, physically as well as socially, if they have control over their lives. Choosing how or where to live, what job to do, what level of education or style of life to pursue is impossible if you are locked in by lack of resources or by other conditions that restrict your life choices. We need a more creative effort at every level, from the design of buildings to the design of all our social and economic institutions, to ensure that Canadians gain more control over their lives, and thus access to a greater diversity of choice.

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is the founder and Director of Small and Associates of Goodwood, Ontario. He prepared this article in collaboration with his wife and colleague, Barbara J. Small, and Wendy Priesnitz of Wendy Priesnitz and Associates. Correspondence with the author may be directed to Sunnyhill Research Centre, RR #1, Goodwood, Ontario L0C 1A0, (416) 294-3531.



**HAVE YOU MADE ANY CHANGES
TO YOUR HOME
BECAUSE OF
ENVIRONMENTAL ILLNESS?**

Canada Mortgage and Housing Corporation is conducting a survey of the housing needs of the environmentally hypersensitive.

If you have built, renovated or changed houses, please contact:

In Ontario, Quebec and the Maritimes

**Dr. Virginia Salares
RR #2, Kinburn
Ontario K0A 2H0
Tel. (613) 839-5525**

All other provinces and territories

**David Rousseau
314 Powell Street
Vancouver, B.C. V6A 1G4
Tel. (604) 682-6679
9:00 a.m. - noon, Tues., Wed., Thurs.**

appreciating our gifts

by Carol MacAskill

We realized this year how Christmas is a special time of year - when everyday events become more meaningful. People had a heightened awareness of the importance of family, friends, sharing and giving that we often take for granted.

By coping with our allergies and chemical sensitivities we have learned to appreciate what others often take for granted. At Christmas, as well as throughout the year, we celebrated the gift of having happy, healthy and well-adjusted children. Health problems and concern for their well-being in the past has made us fully aware of the value of this gift.

The children also appreciate their good health since they still experience some reactions and remember when they did not feel well. In coming to terms with their own restrictions they have become aware that other children have restrictions as well. They also realize that not everyone is fortunate enough to be able to achieve good health and count themselves to be among the lucky ones.

The children realize we have worked to achieve good health. They have gained confidence through their efforts to "make life work for themselves." This has been a family effort and working together has made us stronger and closer.

Just as people make that extra effort at special times such as Christmas, we have found that people make an extra effort when there is a special need. So many times we have been touched by the willingness of people to give, not always because they understand, but because they care.

We live in an older neighbourhood where many of the residents have shared most of their lives and learned the value of working together. Perhaps this explains the cooperation we have experienced, for these people have always accommodated our needs. One neighbour took up beekeeping and we soon discovered that the wood smoke he used to work around the hives made my son ill. Without upsetting him with this fact I briefly explained the problem. He now chooses a day when the smoke will be carried in the opposite direction and gives us notice so we can close our windows. He took the time to teach our children about his bees and involve them in the honey making process (which seems to involve a lot of tasting to test the quality). Another neighbour who does not share our concern about spraying has cooperated because she remembers when the children were sick and does not want to cause them any harm. She now calls ahead to see if the day

is acceptable (no wind), gives us time to cover the garden and close windows, does not spray near our property and no longer sprays high into the trees in case it would drift onto our property. It is this attitude of cooperation that our neighbors have shared with us, and we are especially aware of its value because of our needs.

There are so many times people have respected our needs out of a genuine concern for people, but we have had some of our most rewarding experiences in restaurants. If we have not been to a restaurant previously, we try to phone ahead. We have brought food along that the restaurant has cooked and served with the rest of the meal. We have taken a variety of foods from the menu to make up a meal and sometimes the chef has looked about the kitchen for suitable items not on the menus. We have arranged two meals that my son can eat with one restaurant near our home. One day the owners stopped me to learn more about his food allergies. They expressed concern that they had so little to offer him. When I explained how much he enjoyed going to a restaurant and having a choice of two meals they were very pleased. The staff now seems to take special pleasure in serving us and we can always be assured of a warm welcome.

Last year my son took his first extended trip away from home and we had some concerns about how he could cope. His roommates in school have always been cooperative and the two he was rooming with this time also agreed to forgo mousse, cologne and other teenage necessities. They gave him the single bed so he could use his own bedding and avoid any odours that may be on their clothes. The staff replaced wool blankets with others that they laundered again to remove any odours. My son and the chef then went over the five day menu to find any substitutes for foods he could not eat. The trip was successful and thoroughly enjoyed. My son did not take this for granted and appreciated the effort made on his behalf. I learned that at fifteen my son was already a mature and responsible person.

Because of our allergies and chemical sensitivities we have had to ask more of people. We have not found them lacking. We have had to ask more of ourselves and have grown in trying to meet the challenges. Not only at Christmas, but all year round we try to celebrate the gifts of caring, sharing, understanding, cooperation, friendship and willingness to help that have all contributed to our good health.

learning disabilities

by Sherry A. Rogers, M.D.

Jeffrey was a handsome well-developed eight year old from two intelligent parents. But that's where the good part ends. Family life was a nightmare, as he was physically and verbally abusive beyond reason. It was as though he was immune to any form of discipline for it had no effect as his actions seemed to invite or even crave it.

But when amino acid analysis suggested a magnesium deficiency, a twenty-hour urine collection revealed he was a magnesium waster. In other words, his kidneys were unable to save magnesium for the over 300 enzymatic reactions it was needed for in the body. This had a profound effect on the function of his brain. Correction of the deficiency resulted in a sweet young man who suddenly started putting away the groceries instead of throwing them about the kitchen, who lovingly looked after his little sister instead of making her cry, and of course this normalization of his brain chemistry enables him to learn at school now.

Daniel was ten and an A student when his grades started deteriorating as an unexplained nastiness began to emerge. He was no longer eager to learn, but became disruptive and was even strangely wild after a few hours of Saturday morning cartoons.

While testing him for phenol in the office, he began scribbling and ripping his papers. Once this was neutralized, he was back to normal, and when any other chemical was tested, he merely continued to contentedly draw rocketships. His new teacher had a habit of wiping the desks with Lysol, and the new T.V. emitted phenol from the heated wires. A note to the teacher and a fan in the family room solved his unexplained bursts of hyperactivity.

Lauren was listless, congested, and always tired. She was in special education classes, since it took her three times as long as the other children to grasp new concepts. Investigation into the causes revealed she had a simple milk allergy as well as air-borne mold sensitivities. Her target organs were the nose and brain.

Fortunately for these children, they are the first generation of benefactors of an evolution in medicine: an evolution that now has some of the tools to find the environmental triggers and hidden nutritional deficiencies that cause brain dysfunction. No longer is a headache a Darvon deficiency but instead the causes can be found. Likewise, hyperactivity and learning disorders causes that are beginning to emerge as the era of environmental medicine and nutritional biochemistry emerge. The most common environmental triggers are unsuspected dust and mold allergies, hidden food sensitivities, and unsuspected chemical intolerances. Many books have been written to show parents how to uncover these at home.

Discovery of biochemical defects is more difficult and requires a physician trained in nutritional biochemistry, for the defects are often multiple, including deficiencies in minerals, vitamins, amino acids, and essential fatty acids. Sometimes it's merely a job of finding the deficiencies and correcting them. We're the first generation of people eating such highly processed foods which have many of the nutrients removed to extend the shelf life. As well, we feed much of the rest of the world and our soils are becoming more depleted. Lastly, the trend is away from whole foods and more toward not only processed foods, but for foods high in



fat and sugar which further stress our over-stressed nutrient levels. Other children have biochemical defects that are hereditary. Nevertheless, many defects can be compensated for by over-riding them with corrective doses of nutrients.

Whatever the treatment, it beats the lethal diagnosis of learning disability or hyperactivity. Whether managed with prescription medications or special education classes, these do nothing for the underlying cause, which left undiscovered can only worsen, creating further symptoms in its wake. Meanwhile the child is denied the joys of a mainstream education and normal family life.

References:

Nutritional Influences of Illness, M.R. Werbach, M.D., Third Line Press, Inc., 4751 Viviana Dr., Tarzana, CA 91356.

The E.I. Syndrome, S.A. Rogers, M.D. Prestige Publishing, Box 3161, 3502 Breweton Rd, Syracuse, N.Y. 13220.

The Impossible Child, D.J. Rapp, M.D., 1421 Colvin Blvd, Buffalo, N.Y.

Mold Survey Service, 2800 W. Genesee St., Syracuse, N.Y. 13219. Send \$15 for each mold plate needed. Comes with instructions for exposure and mailer to return it to the laboratory. When the molds have been identified and quantitated, the results are mailed back to you.

Tired or Toxic??, Sherry A. Rogers, M.D., Prestige Publishing, Box 3161, Syracuse, NY 13220.

Dr. Rogers practices in Syracuse, NY, where she specializes in environmental medicine. She is the author of The EI Syndrome and Tired or Toxic?, available through Prestige Publishing, Box 3161, Syracuse, NY. 13220.

making healing changes

by Dawn McLaughlin Mongillo

When I was acutely ill with an environmental illness, I had to concentrate on healing myself. The personal changes that I chose to heal my body also healed my spirit, and I began to see the earth's condition through a remembered perspective that lies in each of us - some more deeply hidden than in others, but always there. I decided to become healthy again and began to understand fully that this was wholly my decision. I began listening carefully to my body with compassion and love. It began whispering to me and the whispers became clearer the more I listened. The respect that I paid the temple of my soul helped me to become well more quickly than anyone anticipated. I decided on what I believe in and what I want to do. Impossible for everyone? Nonsense. I decided to "grab the bull by the horns" and change the way that the earth and all of its inhabitants are headed. I didn't know how (I still felt like a peon in the scheme of things) but I determined that this would be my life's work. Sure, I'd still wipe runny noses, pay the bills and grind it out over a calculator in an office, but everything was infused with a purpose. No more "Ms. Timid Try to Please".

I had always been an organic gardener. As I became more sensitive to pesticides I began to notice people spraying lawns, parks, schoolyards, ditches and boulevards and the constant spraying appalled me. As I was recovering, it was essential that I not be exposed to these chemicals, so I began an anti-lawn spray campaign in Waterloo, Ontario. I began doing extensive research into the area of pesticide use and the environmental and health impacts. I joined the international group PAN (Pesticide Action Network), NCAMP (National Coalition Against the Misuse of Pesticides, U.S.A.), NRDC

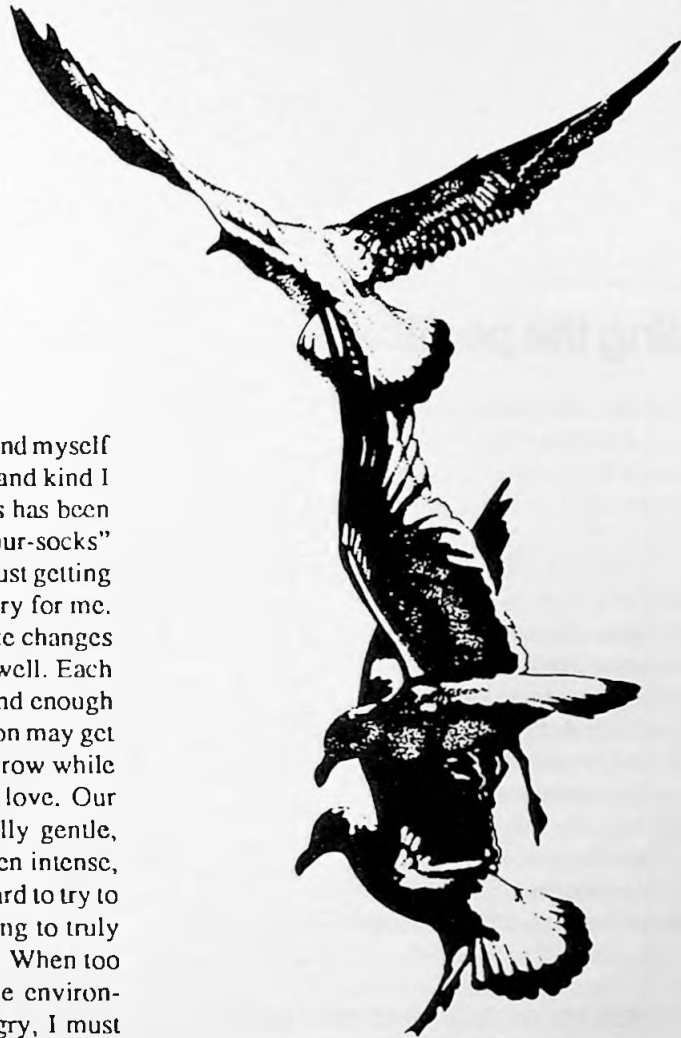
(Natural Resources Defense Council; their project Mothers & Others for Pesticide Limits), Pollution Probe, Greenpeace and Friends of the Earth (Ottawa). The things that I discovered, combined with personal experience, (my children and myself suffer enormously from pesticide exposure) made it abundantly clear where my first task lay - the elimination of pesticides in Canada so that we could set a responsible international example. I founded the Pesticides Action Group of Canada. I now have several cities involved with community Pesticide Action Groups. We work on three main areas of concern: 1. turf spraying, 2. pesticides in food, (Mothers & Others for Pesticides Limits project - agricultural pollution,) 3. the Circle of Poison (pesticides in third world countries.)

I began as a woman who wouldn't ask for her God-given right to breath clean air of even one individual - I now think nothing of giving an hour and a half speech in front of T.V. cameras to a hundred people. I decided to make changes - to never be afraid, to always look at the overview. I remembered that if I approach people with love and integrity, almost everyone returns to me their very best. The few that don't just can't because of their own fears. I move gently past them knowing that I likely sowed seeds for change further down their path.

What I've been doing has been simple but not easy. I'm often working hardest with my tools at their weakest. My reactions involve a great deal of physical pain and nervous system disruption. My mind is often not my greatest asset after a dose of diesel fumes and I've often driven home hardly able to focus my eyes after a speech to a perfumed audience in a musty room with new carpets. If some days I don't

complete what I'd hoped, I forgive myself and remind myself of the good things that I did do. The more gentle and kind I am with myself, the more that I accomplish. This has been difficult, as the Puritan work ethic and "pull-up-your-socks" attitude was how I was taught to live. Some days just getting out of bed and not screaming at the kids is a victory for me. I find it most comforting to know that if I can make changes in the world, surely anybody who desires to can as well. Each of us can be the catalyst for miracles if we can send enough love out before us. Anger and righteous indignation may get you started but it won't sustain you or help you grow while you help others grow. We all need and respond to love. Our planet needs and responds to love. Am I usually gentle, forgiving, loving, and kind? No. I've always been intense, high strung, demanding and passionate. I work hard to try to see others fears and needs. I work hard at learning to truly forgive people who harm me, albeit unwittingly. When too much negative information (especially about the environment) crosses my desk and I get fearful and angry, I must work very hard to hold a calm, loving overview of the whole mess. All of this has required enormous effort for me. I'm sure that for most of you, it will be much easier. Please, please don't be afraid. Use your precious talents and experiences.

Those of us who are environmentally ill have a special obligation to the world. We've experienced what will surely happen to many if we don't all do our very best to help change the way our environment is headed. Perhaps the big cleanup will help us learn to pull together globally. If, as a species, we begin to listen to the earth and sensitively resume the mantle of earth stewardship - perhaps this kind approach to life will teach us the tools to treat each other kindly, sensitively, respectfully. Perhaps the silver lining in our cloud of environmental crisis is world peace - maybe it's the only way we thought that we'd learn. If we all work on environmental issues with love and persistence, we may not only find a reprieve from our self-imposed death sentence, we may someday truly say "Peace on Earth".



amending the pesticides act



Dear Reader: In the Summer 1989 Quarterly we told you about a request for input the AEHAO office received from the Ministry of the Environment regarding the proposed amendment to The Pesticides Act 1980. The following document is information we have received from the Ministry. If you would like to write to the government regarding this matter, write to: Mr. Jim Bradley, The Minister of the Environment, 15th Floor, 135 St. Clair Avenue, West, Toronto, Ontario M4V 1P5. Duplicate letters could also be sent to your local MPP - for their address, call 416-965-6831 (collect).

SUMMARY OF THE PROPOSAL TO AMEND REGULATION 751 UNDER THE PESTICIDES ACT, 1980 TO REQUIRE NOTIFICATION POSTING OF PESTICIDE APPLICATIONS IN PUBLIC LAND AREAS AND RESIDENTIAL LAND AREAS TREATED BY LICENCED APPLICATORS.

The storage, distribution, sale and use of pesticides in Ontario is controlled by means of the Pesticides Act, 1980. A pesticide registered by the Federal Government cannot legally be used in Ontario until it has been reviewed by the Ontario Pesticides Advisory Committee. The Committee examines all data relevant to the product, with particular reference to its toxicity, and classifies it within a series of six schedules which specify the manner in which the product is to be sold and stored, and the uses to which it may be put.

Pesticides are used extensively by the agricultural community, by forestry workers and by utilities such as Ontario Hydro for the control of brush. They are also widely used to control pests in public areas such as playgrounds, recreational areas, parks and cemeteries, and are used either by householders or private contractors to maintain domestic lawns and gardens.

The most widely used and well-known herbicide currently available is 2,4-Dichlorophenoxyacetic acid, or 2,4-D, which has been used in Canada to control broad-leaf plants for 40 years.

The pesticide 2,4-D has been the subject of controversy for several years, largely as a result of several American studies which have linked the substance to cancer.

The general public's concerns have focussed on the use of pesticides in general, and on 2, 4-D, in particular, and their concerns came to the fore at the beginning of the current decade[1980's]. This resulted in a number of municipalities terminating their parks spraying programs.

The Ministry of the Environment considers that certain notification requirements are appropriate for the following reasons:

- * The Pesticides Act, 1980 currently contains no requirements that the public be notified of the proposed application of pesticides in areas such as forests, parks, school yards, municipal and Crown rights-of-way, playgrounds, sports

fields and common land developments or on residential land areas that have been treated by commercial applicators.

* Lack of notification means that the public has no opportunity for planning to avoid the area during or immediately after the application of a pesticide. This is of concern to many citizens of Ontario, particularly those who are hypersensitive to these substances and to parents whose children are sometimes unwitting bystanders during or after spraying of a recreational or public use area.

The purpose of the notification requirements is to minimize human exposure to pesticides. No matter how carefully products are scrutinized, new information is becoming available daily concerning the long-term health risks associated with chemicals. The level of risk increases with the level of exposure and therefore makes good sense to take all possible precautions. While society as a whole may not have sufficient information to prohibit use of certain pesticides, these notification requirements will allow concerned individuals to exercise personal judgment as to the level of safety they wish themselves and their families to enjoy, without prohibiting others from using the products.

PROPOSED NOTIFICATIONS REQUIREMENTS

The Ministry intends that notification requirements should be enacted under the Pesticides Act. These notification requirements will apply to all pesticides used in Ontario on public land areas, and on residential land areas where pesticides are applied by licensed applicators.

Under the proposed notification requirements:

1) Public land areas including parks, amusement parks, campgrounds, Crown forests, golf courses, school yards, municipal and Crown rights-of-ways, public gardens, play grounds, recreational areas, cemeteries, and the public land areas around apartment buildings, condominiums, townhouses, hotels and motels must be posted with signs at least 24 hours

prior to the application of pesticides and they must remain in place for at least 48 hours after application at which time they must be taken down by the land owner;

2) All private residential outdoor land areas treated by licensed applicators must have signs posted just prior to the application of pesticides and the signs must remain in place for at least 48 hours after treatment at which time they must be taken down by the land owner.

Signs must provide information on: date of treatment, name of the pesticide, purpose of treatment, date of application and a contact name and telephone number (Appendix 1). The signs must be taken down 48 hours after the pesticide application by the land owner.

The proposed notification requirements will apply to all users except:

1. Agricultural Procedures - Education and certification programs for pesticide use are already underway through the joint efforts of the Ministries of the Environment and Agriculture and food. However, if the pesticide is applied to the residential area of the farm by a licensed applicator, the area must be posted at the time of application.
2. Cottage Owners- Cottage owners wishing to apply aquatic pesticides to their property are already subject to specific use permit conditions which may require posting, and adjacent owner notification requirements. However, if the pesticide is applied to the land area by a licensed applicator, the area must be posted.
3. Residential Property Owners - Homeowners treating their own properties are not required to post their properties.

For further material, write to:

THE MINISTRY OF THE ENVIRONMENT
HAZARDOUS CONTAMINANTS CO-ORDINATION
BRANCH
Public Information Centre
135 St. Clair Avenue, West
Toronto, Ontario M4V 1P5

BOOK REVIEWS

Solving the Puzzle of Your Hard to Raise Child, Wm. G. Crook, M.D. and Laura Stevens. Random House of Canada Limited. Toronto. ISBN 0-394-56054-X.

What A Deal!

Either Random House doesn't think that Solving the Puzzle of Your Hard-To-Raise Child by Wm. G. Crook, M.D. and Laura Stevens isn't worth much anymore or they are about to bring it out in paperback. At the time of this writing, this \$18.00 hardcover book is being sold at Coles Bookstore for \$4.99.

The fact is, I have been looking for a year for a good companion book to The Impossible Child for our branch library. Crook's and Stevens' book has turned out to be just what the doctor ordered, so to speak.

As far as I can see, this book covers all the pieces of this puzzle very well. The Impossible Child's greatest value is its use as a diagnostic tool, enabling others to recognize an environmentally sensitive child. With Solving the Puzzle of Your Hard to Raise Child, Crook and Stevens fill in the management details. They cover diet, nutrition, Candida, natural inhalants, chemicals, behaviour modification and a number of other topics.

As with any good reference book, this one has a detailed table of contents, an index and an appendix that lists other sources of help and information. There is an extensive reading list which allows the interested reader to easily find other books on the same or related topics. Although possibly of less interest to the average parent - but of paramount importance in dealing with this subject for child care professionals - the bibliography is extensive and covers much of the work that has been done in this field.

Parents and professionals alike will find this book clearly written and easy to read. The anecdotal information is useful both as concrete examples of what the authors are saying and as encouragement for those who are dealing with children whose problems have been so difficult to solve. I certainly hope that this book is still in your local store when you go looking for it. In any case, the Hamilton-Burlington branch now has two copies of it in our library for members who haven't found it.

Joanna Anderson

The Canadian Green Consumer Guide

Mc Clelland & Stewart ISBN - 0-7710-7162-0
481 University Ave.
Toronto, Ontario
M5G 2E9 \$14.95

This book was prepared by Pollution Probe to answer the question "What can I do to provide a cleaner, safer environment?" The Canadian Green Consumer Guide is a compendium of information from many sources designed to outline the choices you have in buying products and services which are environmentally conscious.

This book is published with non-glossy stock vegetable inks and is easy to read. The Canadian Green Consumer Guide is an excellent source book for people interested in a healthier lifestyle.

Available at Loblaws or through your local bookstore.

Ed Lowans

"Because of the subject (E.I.), I sent for Jacqueline Without Flowers. What a joy it was to read — so much so I would like other E.I.'s to know about it and share in this treat with the hope that their families will share it too. Rarely does one find someone with such insight, such ability to feel and see transfer to paper what they have felt and seen.

When you have been there, as I have, it is a real treat to read about the journey of environmental illness written by someone who can get across the scope of that journey as it affects every aspect of our lives.

This book might reach the families of those struggling with environmental illness in a way that doctors and E.I.'s themselves have failed to do might help them understand what it is like to live with E.I.

If you are an E.I. or are close to an E.I., read it, enjoy it, and share it. You will be glad you did.

Marna Slocum



© Laura Zeman From "ECONEWS"

MEMBERSHIP RENEWAL NOTICE

In order to standardize and facilitate membership renewal times, it was decided by your representatives at the 1989 Annual General Meeting to have all memberships come up for renewal in September. Members fees must be adjusted accordingly. The instructions below will show you just how to do that.

PLEASE NOTE: EVEN IF YOU HAVE RECENTLY RENEWED YOUR MEMBERSHIP, PLEASE TAKE THE TIME TO "CATCH UP" WITH THE MAIN ACCOUNTING PROCEDURES AT THE OFFICE. THANK YOU!

1. This issue of *The Quarterly* has your expiry date printed above your name on the address label. These dates are printed according to year/month of expiry. For example, if your membership dues expire in January 1990, the numbers will read 9001.
2. The table below will tell you what your fee will be in order to remain a paid member until Sept. 1990.
3. Find the date that matches the date on your label. The dollar figure across from the date is the amount that you owe.
4. Send a cheque or money order, payable to the Allergy and Environmental Health Association, to 10 George St., N., Cambridge, Ontario, N1S 2M7. A membership card will then be issued to you.
5. Your branch will receive their portion of your fee, once the main accounting has been completed.

8812	\$35.00	8907	\$25.00	9002	\$15.00	9009	\$0.00
8901	\$35.00	8908	\$25.00	9003	\$10.00		
8902	\$35.00	8909	\$20.00	9004	\$10.00		
8903	\$30.00	8910	\$20.00	9005	\$10.00		
8904	\$30.00	8911	\$20.00	9006	\$ 5.00		
8905	\$30.00	8912	\$15.00	9007	\$ 5.00		
8906	\$25.00	9001	\$15.00	9008	\$ 5.00		

Your Branch: You will also notice that your branch name has been listed beside the expiry date. If your branch is noted as "Ontario" or "national", it means that because of the distance involved you haven't been linked with a particular branch. However, the branches are listed on the back cover, and you are more than welcome to choose any branch affiliation that suits your needs. When you send in your membership fee to the Cambridge office, let us know of any changes or corrections and we will inform the branch.

Your Address: If you would like to make any changes to the information on your label, simply make a note of it on your renewal notice.

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

Do you recall the story of the coal miners and the canaries? Coal miners would descend into the unknown darkness of the mine with a canary as a monitor. If and when the canary faltered and died from exposure to lethal gas, the miners knew it was time to retreat and reassess the passage. The members of The Allergy and Environmental Health Association are part of a similar story in today's chemical society. Like the canaries, we're faltering.

We are living in a time when the use of chemicals pervades our food, air, and water. Many people have difficulty adapting to common exposures in everyday living. We are known as the environmentally sensitive. Exposures to chemicals found in our food, air and water may trigger chronic or acute reactions that last for days, or months, or years. Food additives, pesticide spray and cleaning products are a few things that can cause severe reactions in the health of the environmentally sensitive. Health problems known to have an environmental source include some respiratory ailments, stomach problems, headaches, and mood swings.

You might be affected too. Environmental sensitivities can affect anyone, at any time. You can help the thousands of environmentally sensitive, and in the process help yourself, by becoming more informed on the effects of environmental factors on human health.

OTTAWA BRANCH

P.O. Box 11428, Station H
Nepean, Ontario. K2H 7V1

NEW BRUNSWICK BRANCH

P.O. Box 4073
Dieppe, New Brunswick. E1A 6E7

HALIFAX-DARTMOUTH BRANCH

P.O. Box 8212, Stn. A.
Halifax, Nova Scotia. B3K 5L9

HAMILTON-BURLINGTON BRANCH

TORONTO BRANCH

P.O. Box 2311, Stn. C.
Downsview, Ontario. M3N 2V8

QUINTE BRANCH

P.O. Box 188
Stirling, Ontario. K0K 3E0

PRINCE EDWARD ISLAND BRANCH

P.O. Box 2656
Sherwood, PEI. C1A 8C3

LONDON BRANCH

1500 Dundas Avenue

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Joanna Anderson

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If you are an E.I. or are close to an E.I., read it, enjoy it, and share it. You will be glad you did.

Mama Slocum



* Laura Zeran From "ECONOMICS"